

# Soy Foods

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Tulsa Store, Southwest Region

Whole Foods Market is excited to bring you "Celebrating Your Choices," a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Check out our website for more information about soy foods:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product. If you have any questions, you may contact us at [WFMSpecialDiets@wholefoods.com](mailto:WFMSpecialDiets@wholefoods.com).

### Bread

#### Alvarado Street Bakery

California Style Protein Bread

### Canned Goods

#### Eden

Organic Black Soy Beans

### Cereal

#### 365 Organic Every Day Value™

Oat & Honey Granola

Raisin Granola

### Condiments

#### 365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

Caesar (Fresh) Dressing

#### Frontier Cooperative Herbs

Bac'uns

#### San-J

Gluten Free Tamari Soy Sauce

Organic Shoyu Soy Sauce

#### San-J

Gluten Free Reduced Sodium Tamari Soy Sauce

Organic Shoyu Soy Sauce

### Cookies and Snack Bars

#### 365 Every Day Value™

Apple Cereal Bars

Blueberry Cereal Bars

## Cookies and Snack Bars (Cont'd)

### 365 Every Day Value™

Mixed Berry Cereal Bars  
Strawberry Cereal Bars

## Crackers

### 365 Every Day Value™

Saltine Crackers  
Unsalted Tops Saltines

## Dairy

### White Wave

Black Cherry Soy Yogurt  
Blueberry Soy Yogurt  
Plain Soy Yogurt  
Soy Strawberry Yogurt

## Dairy Alternatives

### Soya Kaas

Soy Monterey Jack  
Soy Mozzarella Style

### White Wave

Non Dairy Vanilla Soy Beverage  
Soy Creamer  
Soy French Vanilla Creamer  
Soy Hazelnut Creamer

## Frozen Foods

### 365 Organic Every Day Value

Cheese Tortellini

### 365 Organic Every Day Value™

Cheese Ravioli  
Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### Alvarado Street Bakery

California Style Protein Bread

### Boca

Original Chik´n Pattie

## Frozen Foods (Cont'd)

### Cedar Lane

Low Fat Bean, Rice and Cheese Burrito

### Gardenburger

Veggie Burger Pattie

### Whole Catch™

Maryland Style Mini Crab Cakes

### Whole Kitchen™

Mini Quiche Appetizers, Trio Assortment

## Jams and Nut Butters

### Im Health

Creamy Soy Nut Butter with Chocolate  
Crunchy Soy Nut Butter

## Meat Alternatives

### Boca

Original Chik´n Pattie

### Lightlife

Jumbo Smart Dogs

### Tofurky

Peppered Deli Slices

### Yves

Bologna Deli Slices  
Fat Free Veggie Dog  
Salami Veggie Slice

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Pasta

### 365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

## **Produce**

### **365 Organic Every Day Value™**

Blue Cheese (Fresh) Dressing

Caesar (Fresh) Dressing

## **Sauces/Salsas/Dips**

### **Eden**

Ponzu Sauce

### **San-J**

Gluten Free Tamari Soy Sauce

Organic Shoyu Soy Sauce

### **San-J**

Gluten Free Reduced Sodium Tamari Soy Sauce

Organic Shoyu Soy Sauce

## **Seafood**

### **Whole Catch™**

Maryland Style Mini Crab Cakes